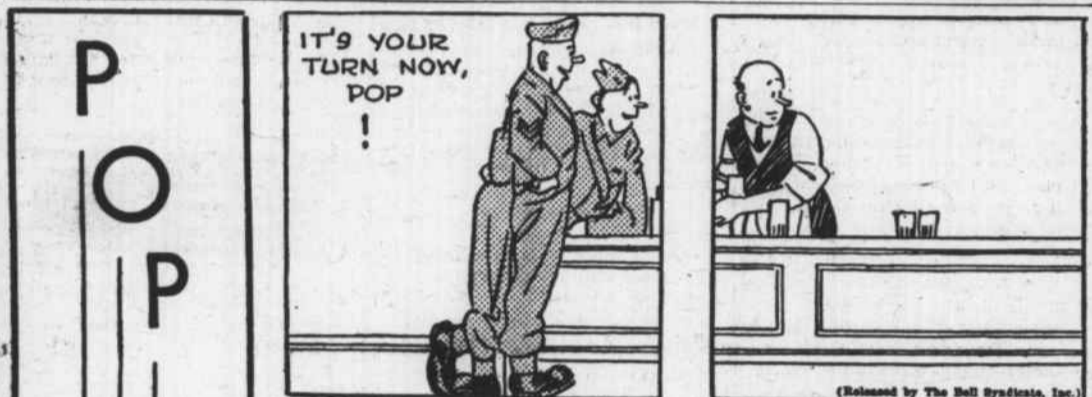


OUR COMIC SECTION



By J. Miller Watt



NO COMPLIMENT

Three men were sitting in the parlor of a country inn, having spent a very good time together. Suddenly a large rat ran across the floor and scuttled out of sight. All three saw it, but no one said a word. They just waited and waited.

At last one of them could stand the tension no longer. "I know what you fellows are thinking," he shouted. "You think I saw a rat, but I didn't!"

Independent

"So your new job makes you independent?"

"Absolutely. I get here any time I want before eight, and leave just when I please after five."

Never Sits?

Recent Father—I can't sleep.
Doctor—Is your insomnia of long-standing?

Recent Father—No; long-walking.
Our baby has had the colic for the last three months.

SELF DEFENSE

Elementary

"How old are you?"

"Seventeen."

"And what do you expect to be in three years?"

"Twenty."

She Knows

Guppy Bore—Let's have some real fun for a change this evening, dear?

Mrs. Bore—That's a fine idea. But please leave the hall light on if you get home before I do.

MISUNDERSTOOD

Tom—I understand that John married a rich widow.

Bill—So he understood, too; but it proved to be a misunderstanding.

Scales of Justice

"The tenor who sang last night reminded me of a pirate."

"How so?"

"Because he did murder on the high C's."

Ain't It So

"What did de man die off?"

"De man died eatin' watermelon."

"Yes, sub. Providence sometimes puts us in paradise before we gits ter heaven."

Household News
by Lynn Chambers



Serve a Salad . . . Win Your Vitamins
(See Recipes Below.)

Vitamin Ways

Comes winter and fall when vegetables and fruits are more scarce than during summer and fall, and many a homemaker is apt to fall shy on serving her family these vital body regulating and protective foods.

Yet, this is the time when the body needs them most. These foods build up the body's resistance, to disease—and keep you, to pick a common example, from having a cold as soon as warm weather and sun flee.

Minerals are busy building and repairing, replenishing body tissues that get torn down and used up, daily with every movement you make. Vitamins help you use the foods you eat.

Good-to-eat foods help the family take in all these vital minerals and vitamins. Drab, uninteresting dishes will send them off to eating other foods to take the edge off their hunger—wherever they can put their hands on something. I need not point out that in this way they may really be losing out on foods necessary to the body.

Cooking vegetables well, and doing pretty things to their appearance will help their consumption rating. A bit of sauce or extra seasoning will put an ordinary vegetable over and at the same time insure your family of what it needs most:

***Scalloped Peas and Onions.**
(Serves 5 to 6)

1 pound small white onions
1 No. 2 can peas
3 tablespoons butter
3 tablespoons flour
1 teaspoon salt
1 cup milk
3 tablespoons finely crushed bread crumbs

Parboil onions 25 minutes. Drain. Drain peas and reserve 1/4 cup pea liquor. Melt 2 tablespoons butter, blend in flour, salt and pepper. Add pea liquor and milk and cook until mixture thickens, stirring constantly. Pour into casserole. Melt remaining butter, stir in bread crumbs, sprinkle over casserole. Bake in a moderately hot (375-degree) oven for about 25 minutes.

***Cranberry-Pineapple Salad.**

Cut slices of canned cranberry sauce and top with slices of pineapple. Arrange in lettuce nests. Soften cream cheese with milk and add a few chopped nuts. Shape into balls and place among lettuce leaves. Serve with mayonnaise.

***Apple Juice Mince Pie.**
(Makes 1 9-inch pie)

1 package orange flavored gelatin
2 cups apple juice
1/2 teaspoon lemon juice
1 cup mince-meat
Cream cheese

Dissolve the gelatin in apple juice that has been heated to the boiling point. Add lemon juice and mince-meat. Cook until thick and creamy, then pour into a baked pie shell. Chill until firm, then decorate top with cream cheese put through a pastry tube.

***Festive Squash.**
(Serves 6)

3 small squashes
1 cup drained canned tomatoes
1 cup shredded, processed cheddar cheese
1 tablespoon chopped onion
2 cups soft bread crumbs
Salt, pepper
3 tablespoons melted butter
Parsley
Broiled bacon

Wash the squashes and cut them in half, lengthwise and cook in boiling salted water until almost tender. Scoop out the centers, leaving a 1/4-inch shell. Cut the pulp into small pieces and drain thoroughly. Combine with tomatoes, cheese, onion, 1 cup bread crumbs and seasonings to taste. Pile this into the squash shells and sprinkle with the melted butter. Bake in a moderate (350-degree) oven until the crumbs are brown. Arrange in a round platter and serve with parsley and crisp, broiled bacon.

***Ham Hock With Vegetables.**
(Serves 5)

2 1/2 pounds ham hock
5 medium-sized potatoes
1 bunch carrots
5 medium-sized onions
1 medium-sized head of cabbage
Wipe ham hock. Cover with boiling water, cover and simmer two hours or until tender. Clean vegetables, add to meat, cook, uncovered 20 to 30 minutes or until vegetables are tender.

***Vegetable Bouillon.**
(Serves 2)

1/4 cup water
1/2 to 1 cup juice strained from canned string or wax beans
1 bouillon cube
2 small sprigs parsley

Add water to bean juice and heat to boiling. Dissolve bouillon cube in boiling liquid. Serve hot garnished with parsley.

A one-dish meal that's good for fall is this one with many vegetable favorites:

***Ham Hock With Vegetables.**
(Serves 5)

2 1/2 pounds ham hock
5 medium-sized potatoes
1 bunch carrots
5 medium-sized onions
1 medium-sized head of cabbage
Wipe ham hock. Cover with boiling water, cover and simmer two hours or until tender. Clean vegetables, add to meat, cook, uncovered 20 to 30 minutes or until vegetables are tender.

Lynn Says:

Vital Statistics: There are about seven inches in the Nutrition Yardstick which bear checking every day in every way so as to keep you and your family in the running:

The first inch includes milk: 1 pint per day for every adult and 1 quart for every child. Of course you don't have to drink all this milk. Use part of it in cooking.

Second honors go to meat, fish or poultry, and this is not hard to use up. For lunch or dinner, whichever fits best for your family, one serving per person should be counted.

At least one egg a day or at least four to five per week marks the third inch. Have it for breakfast or toss it in the hot bread for dinner, or custard for lunch.

Cereal's important, too. Serve it in the breakfast, or a pudding or even cookies. Bread and rolls come under this category, also.

Fifth inch includes the vegetables: two besides potatoes, one should be a leafy vegetable—spinach, lettuce, broccoli, romaine, etc.—and the other raw. Cabbage is perfect.

Now, the fruits. Two a day isn't hard to manage. Of course you start off with breakfast, and then include one for lunch or dinner dessert.

The last and seventh inch includes butter or some fat rich in vitamin A. This is for fuel and energy.

The Once Over
by H.I. Phillips

THE WAR CONTRACT OR 'WHERE AM I?'

Mr. Wimple wanted to find out about a pin. It was a little pin required as part of a gun mechanism. The government needed this type of pin in large quantities in a hurry, Wimple, who made pins, had been told. He had received a letter from the PDQ or something urging him to convert his shop for an all-out production of pins. He replied, asking about a few particulars and got back a letter from the PDQ saying that the BBA now had charge of the matter.

II

Mr. Wimple decided he had better go to Washington and get things straightened out. He went to the building which housed the BBA to see the chairman, a Mr. Zoofus. He was told to wait in an anteroom. After a few hours a clerk came out and told him that Mr. Zoofus had been assigned to another bureau and that he would have to see a Mr. Bilch. Mr. Bilch was in the office of the PQX or something 15 blocks south, "take your next left."

III

Mr. Wimple couldn't get a taxi so he walked. At the office of the PQX he was told that Mr. Bilch was in conference with officials of the HQA about a VCB matter. But Mr. Gimpy was present.

"State your business," said the attendant.

"I stated it three hours ago," said Mr. Wimple.

"Oh," said the attendant, "just a minute, please."

He disappeared and came back presently. "Mr. Gimpy took a plane to Oshkosh about an hour ago," he explained. "He left word he couldn't discuss those bolts today."

"Not bolts," corrected Wimple. "Pins!"

"Oh, pins!" exclaimed the attendant. "The man you want to see is Mr. Tookie over at the DPBA. That's in the Effadoolus Building."

IV

He finally reached the Effadoolus Building and found the DPBA headquarters. Mr. Tookie was in. What did he wish to see him about? About pins. Take a chair, please! After a while Mr. Tookie sent out word that he was not prepared to discuss those brass washers yet.

"Pins," groaned Mr. Wimple, "not washers."

Mr. Tookie came out, a little exasperated. "Pins?" he asked. "You don't mean gaskets, do you?"

"Pins," said Mr. Wimple wearily. "I'm Wimple, the pin manufacturer. Maybe this correspondence will clear it all up."

He showed a packet of letters from Washington.

"Oh," said Mr. Tookie, "this is about pins, not ratchets. You will have to see Charlie Zamm. He's co-ordinating that matter. Three miles north, take your left at the ninth traffic light. Good day!"

V

Mr. Wimple now stole a motorcycle. He was getting desperate and was determined to cover ground more rapidly. He made the next building in fair time. Was Mr. Zamm in? Which Zamm, Charles or Joseph? Charles, he thought. No, Charlie Zamm was in Moscow but Joseph Zamm would be glad to discuss those metal clips with him.

"Pins," said Mr. Wimple.

"Take a chair; Mr. Joseph Zamm will be back any minute."

VI

It was pretty dark now. Mr. Wimple was thinking of calling it all off when Mr. Zamm appeared. "Sorry to hold you up," said Zamm. "I'm glad you came down, we need those hub-caps as fast as you can turn 'em out."

"Pins," said Mr. Wimple, weakly. "I thought you were the hub-cap contractor," said Mr. Zamm. "There is some confusion here."

"Nuts," said Mr. Wimple, leaping through the window.

(P. S.—He joined up with the marines. It seemed to be the only way to help win the war without too much delay.)

Some Excuse.

Some think the woolly Hottentot Undoubtedly has gotten hot From many futile desert charges Toward equatorial mirages; So if in some secluded spot A Hottentot (or Hottentot) Throws in a skinny visionary Who says he is a missionary, I urge that we abhor such pranks For he has drawn so many blanks.

UNO HOO.

BULL'S-EYE!

"People assume that if a business man is big he's got to be good. That's all wrong. The battle of production has got to be won by the small fellows and by the man with grease under his nails and plenty of 'know-how' between his ears."—Guy Holcomb.

Never was a truer word spoken. The big business man has only one thing on the small business man: he gets to work later, quits earlier and takes twice as long for lunch.

THINGS for YOU TO MAKE



MOTIFS for baby dominate this transfer—in fact, the entire transfer is devoted to baby. There are sprays of dainty embroidery just right for wee dresses, slips or gertudes and the scallop patterns might come in handy here also. Ronald, the duck, rides a ric rac wave as bib decoration, or perhaps he'd make a play suit pocket along with Whiskers, the cat. A cute bunny rabbit and Paddiefoot, the duck, complete it.

These cunning designs are all on one transfer, 29486, 15 cents, together with directions and suggestions for their use. Send your order to:

AUNT MARTHA
Box 166-W Kansas City, Mo.
Enclose 15 cents for each pattern desired. Pattern No.
Name
Address

Valuable Paper

Waste paper is so valuable in England that prizes totaling \$50,000 are being offered to collectors of this vital commodity. On the other hand, those who burn their waste paper are liable, on conviction, to a fine of \$2,500 or three months in jail, or both.

Beware Coughs That Hang On

Cremulson relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Cremulson with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREMULSON
for Coughs, Chest Colds, Bronchitis

Self-Poisoning

Bad temper is its own scourge. Few things are more bitter than to feel bitter. A man's venom poisons himself more than his victim.

—Charles Buxton.

DON'T go on SUFFERING! from the fiery itch of dry eczema. Quick relief usually follows the use of soothing RESINOL

Deforming Nature

Nature is perfect, wherever we look, but man always deforms it.

—Schiller.

Sentinels of Health

Don't Neglect Them!

Nature designed the kidneys to do a marvelous job. Their task is to keep the flowing blood stream free of an excess of toxic impurities. The act of living—life itself—is constantly producing waste matter the kidneys must remove from the blood if good health is to endure. When the kidneys fail to function as Nature intended, there is retention of waste that may cause body-wide distress. One may suffer nagging headaches, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel tired, nervous, all worn out.

Frequent, scanty or burning passages are sometimes further evidence of kidney or bladder disturbance.

The recognized and proper treatment is a diuretic medicine to help the kidneys get rid of excess poisonous body waste. Use Doan's Pills. They have had more than forty years of public approval and endorsed the country over. Insist on Doan's. Sold at all drug stores.

DOAN'S PILLS

WNU-4 41-42

